

*Meals containing more than 1000 mg of sodium*  
**January 2019 Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1 New Year's Day</b> Oven Fried Chicken Whipped Potatoes w/ Gravy Green Peas Whole Wheat Bread Seasonal Fruit	<b>2</b> Tomato Basil Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad Whole Wheat Bread Fruit Cocktail	<b>3</b> Parmesan Chicken Penne Pasta Seasoned Spinach Fresh Orange 	<b>4</b> Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert	<b>5</b> Glazed Turkey Ham Macaroni & Cheese Winter Vegetable Blend Whole Wheat Bread Pineapple Tidbits 	<b>6</b> Swiss Steak Confetti Brown Rice Glazed Carrots Seasonal Fruit 
<b>7</b> Whole Grain-Crusted Fish Macaroni & Cheese Glazed Carrots Seasonal Fruit Tartar Sauce	<b>8</b> Turkey Sausage & Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits 	<b>9</b> Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad	<b>10</b> Oven Fried Chicken Whipped Potatoes Green Beans Cornbread Seasonal Fruit 	<b>11</b> Turkey Spaghetti Sauce Whole Grain Spaghetti Corn & Brussels Sprouts Spiced Mixed Fruit Chef's Dessert	<b>12</b> Salisbury Steak Brown Gravy Whipped Potatoes Broccoli Whole Wheat Bread Pears	<b>13</b> Honey Baked Chicken Mashed Spiced Yams Green Peas Multi-Grain Bread Seasonal Fruit 
<b>14</b> Country Fried Steak Country Gravy Whipped Potatoes Broccoli Whole Wheat Bread Seasonal Fruit 	<b>15</b> Oven Fried Chicken Cheesy Penne Pasta Sliced Carrots Mixed Fruit 	<b>16</b> Garden Turkey Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing 	<b>17</b> Hamburger Patty Lettuce & Tomato Oven Roasted Potatoes Pinto Beans W.W. Hamburger Bun Seasonal Fruit 	<b>18</b> BBQ Chicken Breast Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Chef's Dessert 	<b>19</b> Grilled Pork Patty w/ Mushrooms Lemon Orzo Pasta Parmesan Tomatoes Multi-Grain Bread Seasonal Fruit	<b>20</b> Frito Chili Pie Brown Rice Fiesta Vegetable Blend Fritos Corn Chips Sliced Apples 
<b>21 Martin Luther King</b> Oven Fried Chicken Cheesy Brown Rice Green Beans Mixed Fruit 	<b>22</b> Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit	<b>23</b> Swedish Meatballs Whole Grain Penne Broccoli Seasonal Fruit 	<b>24</b> Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit 	<b>25</b> Turkey Divan Whipped Potatoes Sliced Carrots Multi-Grain Bread Seasonal Fruit Chef's Dessert	<b>26</b> Chicken Alfredo Whole Grain Spaghetti Green Peas Peaches 	<b>27</b> Hungarian Pork Buttered Rice Ratatouille Whole Wheat Bread Seasonal Fruit
<b>28</b> Curry Chicken Brown Rice Peas & Carrots Seasonal Fruit 	<b>29</b> Italian Beef w/ Whole Grain Pasta Whole Kernel Corn Broccoli Fruit Cocktail 	<b>30</b> Sausage w/ Onions & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Hot Mixed Fruit 	<b>31</b> Beef Taco Salad Saltine Crackers Fluffy Fruit Salad Taco Sauce 	<b>New Year Resolutions</b> 		

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donations for Seniors: \$1.00 per meal \$4.00 non senior  
MENU SUBJECT TO CHANGE



No eligible person shall be denied a meal because of failure or inability to contribute.

